



# 2023-2024 Annual Report

COMMUNITY HEALTH IMPROVEMENT PLAN



[HealthyFranklinCounty.org](https://HealthyFranklinCounty.org)

## INTRODUCTION

Healthy Franklin County worked in 2023-24 to educate the community and its partners about the Community Health Needs Assessment (CHNA) findings and to implement a community health improvement plan (CHIP) that address key needs including food security, behavioral health, nutrition and physical activity, early childhood education and health disparities. With a commitment to utilizing a public health approach and collective impact model, Healthy Franklin County worked with its cross-sector partners to create and strengthen relationships, leverage expertise, resources, and skills and gain a trusted respect between and among organizations and groups committed to improving the health and well-being of Franklin County residents. Everyone has a role to play in improving the health of our communities and we are grateful to have such committed partners by our side.

## ABOUT US

**Vision** → To have all People of Franklin County achieve their full potential for health and well-being across the lifespan.

**Mission** → To promote, strengthen and evaluate Franklin County's efforts to improve the health and well-being of all people.

**Guiding Principles** → We seek bold and lasting change rooted in the best available evidence, analysis, and science, openly debated. • We treat everyone with fairness and respect. • We act as good stewards of private resources, using them to advance the public's interest with a focus on helping the most vulnerable. • We cultivate diversity, inclusion, and collaboration. • We speak out as leaders for what we believe. • We are privileged to do this work. We are proud of our successes and accomplishments, and we believe our best achievements lie ahead.

## HEALTHY FRANKLIN COUNTY LEADERSHIP ADVISORY COMMITTEE

**Carla Christian**, Chambersburg YMCA; **Nicole Nicholson**<sup>+</sup>, First Start Partnerships; **Carolyn Clouser**<sup>+</sup>, First Start Partnerships; **Mike Ross**, Franklin County Area Development Corporation; **Carrie Gray**, Franklin County Government; **Stacie Horvath**, Franklin County Human Services; **Alice Elia**, Franklin County Library System; **Cori Seilhamer**<sup>+</sup>, Franklin County MH/IDD/EI; **Karen Johnston**, Healthy Communities Partnership, **David Grant**<sup>+</sup>, Keystone Health; **Joanne Cochran**, Keystone Health; **Bethany Peake**, Mental Health Association; **Barbara Hought**<sup>+</sup>, Network Ministries; **Kelly Goshen**<sup>+</sup>, Keystone Behavioral Health; **Michele Beecher**, PA Department of Health; **Jami Burkett**, Shippensburg Community Resource Coalition; **Dr. Jose Ricardo-Osorio, Ed.D**, Shippensburg University; **Megan Shreve**, South Central Community Action Programs; **Amy Hicks**, United Way of Franklin County; **Morgan Hovermale**, Waynesboro Human & Community Services; **Daphne Murray**, WellSpan Health; **Claudia Schuchardt-Peet**, WellSpan Health; **Pat McCulloh**, WellSpan Health; **Nickie Fickel**<sup>+</sup>, WellSpan Health; **Kim Crider**<sup>+</sup>, WellSpan Health, **Courtney Porter**<sup>+</sup>, WellSpan Well At Work. Note: + indicates committee members who co-chair a task force.

## KEY ACCOMPLISHMENTS

Healthy Franklin County task forces, work group and ad hoc committees work to address health needs and priorities identified in the [community health needs assessment](#) alongside our community-based organizations (CBOs). We work together through a joint plan of action. A task force is organized around a health priority area; some task forces have work groups to help advance the work. Last year, task forces and work groups included: Health Disparities Task Force, Immigrant/Newcomer Committee, Community Health Professional Development and Networking Committee, Behavioral Health Task Force, Move for Mental Health Committee, Suicide Prevention Coalition, Nutrition & Physical Activity Task Force, Environmental Stewardship Work Group, Food Security Task Force, Hope From the Start Task Force and the Policy and Advocacy Forum Planning Committee. Below is an overview of key accomplishments from each priority area.

### HEALTH DISPARITIES

The health disparities task force works to increase access to comprehensive high quality care to populations that experience health disparities. Below is a summary of completed activities:

- Coordinated bi-monthly community health professional development networking program to improve the skills and knowledge of those who help at-risk population access care and connect to community resources. Six events were held:
  - July 23, 2023; Keystone Health Community Health & Outreach Services – 25 attendees
  - November 28, 2023: Franklin County Area Agency on Aging & WellSpan Health Community Health & Wellness Programs – 26 attendees
  - January 23, 2024: Partnering to Improve Community Health: Learn Why CBOs are critical to meeting the unmet social care needs of at-risk populations. - 51 attendees
  - March 26, 2024 – TMCA's Innovative Community Navigator Program – 40 attendees
  - May 28<sup>th</sup>, 2024 – Accessing FREE Behavioral Health Resources (Mental Health Association of Franklin/Fulton Counties, Drew Michael Taylor Foundation & myStrength/Teledoc) - 46 attendees
- Drafted Immigrant Services At-A-Glance guide for organizations helping newcomers/immigrant navigate community services/resources.
- Coordinated with local non-partisan initiative, Franklin Votes, to create a voter education and outreach plan to reach low-income, minority and youth populations.
  - Volunteers presented to 130 high school civics students at Chambersburg Area Senior High School on 5/21/24 and engaged with

220 patrons at Mercersburg Springfest on 5/22/24 and 40 people at the FCHA Food Distribution on 5/28/24. Facilitated pilot program between PA Youth Vote and Chambersburg Area Senior High School to create a student – lead voter registration initiative; students kicked off program on 5/22/24 on Decision Day.

- Tuscarora Managed Care Alliance innovative community navigator program that works with CBOs to help at-risk populations with social determinants of health served 398 individuals.

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## BEHAVIORAL HEALTH

The behavioral health task force works to increase access to high quality mental health services, reduce the rate of suicides and to support efforts to reduce substance misuse. Below is a summary of completed activities.

- In collaboration with the physical activity and nutrition task force, designed and implemented the Move for Mental Health campaign\* to increase awareness of the benefits of physical activity on mental health and to promote local resources. The campaign included:
  - Promotion of Penn State Cooperative Extension’s 8-week, virtual walking challenge in the fall- Everybody Walk Across Pennsylvania - which had 143 individuals from Franklin County who logged 10,747 miles (14% of total miles logged which was 78,078 miles). Survey participants reported 64% improved mental health 81% increased physical activity.
  - Promotion of Penn State Cooperative Extension’s 8-week walking challenge in the spring – Everybody Walk Across Pennsylvania – which had 150 individuals from Franklin County who logged 9754 miles (4% of total miles logged which was 260,967 miles). Survey participants reported improved mental health and 89% increased physical activity. 33% said their knowledge of local mental health resources improved. 89% said they would participate in the fall program.
  - The move for mental health landing page on the Healthy Franklin County webpage received 2767 visits.
- Healthy Franklin County’s social media campaign during Mental Health Awareness Month in May reached 14,072 individuals.
- Thriving Thoughts Global coordinated monthly, free, Grounded Events at Brio Coffee in Greencastle with an average attendance of 6 participants at each event.
- The Mental Health Association of Franklin/Fulton Counties administered the Senior Reach program, a free program to support senior citizens, which had 188 participants and made 686 calls throughout the year.
- The Mental Health Association of Franklin/Fulton Counties trained 153 individuals on the suicide prevention program Question, Persuade, Refer (QPR) at 11 events.

- The Mental Health Association of Franklin/Fulton Counties coordinated the Light for Hope campaign which distributed 5000 purple glow sticks and 830 purple light bulbs as part of the Suicide Prevention Month activities.
- Healthy Franklin County distributed 1600 window clings to 17 organizations that promote the 988 Suicide Crisis and Text Line.
- The Franklin County Overdose Taskforce installed purple lights in the town centers in Franklin County to increase awareness of National Recovery Month which is September.
- The Drew Michael Taylor Foundation provided free monthly grief support programming including Bereaved Spouse Support Group (average 8 participants per group); GriefKnits Support Group (average 8 participants per group); Healing Together Support Group (average 5 participants per group); Bereaved Parents Support Group (average 12 participants per group). The Perforce Blend is offered twice a month which 14 participants and Drew's Hope is a 7 month program with 28 participants.
- WellSpan Health coordinated an inaugural Butterfly Release on August 26<sup>th</sup> to honor those who passed away in the CCU at the Chambersburg Hospital during COVID; 185 people attended.
- The Keystone Health Crisis Call Center received 880 calls on the 988 Suicide Prevention Hotline and made 137 referrals.
- Keystone Health provided MAT services to an average of 630 patients per month and Pyramid provided MAT services to 443 patients.
- 10 individuals graduated from the Good Wolf Treatment Court and 126 people participated in the Get Back Up program.
- Mental Health Awareness Month in May featured many events and programs including Franklin County Government coordinated the "Be Seen in Green" campaign; MHAFF's Wellness Conference which had 69 participants; MHAFF's Walk the Walk which had 251 participants; Healthy Franklin County's social media campaign which reached 14,037 individuals.
- Healthy Communities Partnership provided the Student Assistance Program to middle and high schools in Franklin County: 495 students were referred to the program; 202 students were screened for services; 199 behavioral health services were provided; 70 students screened positive for current or history of suicide attempts/ideation.
- Healthy Communities Partnership provided the Check and Connect program to all elementary schools in CASD and all six districts in the secondary level which served 23 elementary students and 55 secondary students.
- The Mental Health Association of Franklin/Fulton Counties delivered the Why Try program reaching 48 people through community programming.
- Healthy Communities Partnership delivered the Why Try program reaching 91 people in county schools.
- Franklin County Welcoming Project, an initiative to encourage businesses and organizations to display welcoming signs for the purpose of making LGBTQ (lesbian, gay, bisexual, transgender, and queer) individuals and allies feel



welcomed as patrons; 242 pageviews to the landing page and 1138 pageviews to the allies page.

- LGBTQ+ Resources page on [pridefranklincounty.org](http://pridefranklincounty.org) provides mental health, healthcare and educational resources to the community; 783 pageviews of the webpage (14,172 pageviews of the homepage).
- The annual Pride Franklin County festival was held on October 8, 2023 at Wilson College to celebrate the LGBTQ+ community and diversity and inclusion; 1000+ participants.
- A new PFLAG Chapter was established in Chambersburg in February, 2023 and the first meeting was held in March of that year. The group meets monthly and has approximately 20 attendees per meeting with 21 dues-paying members and 150 people on an email list.

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## NUTRITION & PHYSICAL ACTIVITY

The nutrition and physical activity task force works to improve health by promoting healthy eating, access to nutritious food and physical activity. Below is a summary of completed activities.

- In collaboration with the behavioral health task force, designed and implemented the Move for Mental Health campaign\* to increase awareness of the benefits of physical activity on mental health and to promote local resources. For campaign details, see behavioral health task force activity summary above.
- The environmental stewardship committee partnered with GearHouse Brewery to create Tap Talks, a free monthly event May-September (2023) to explore local resources in a social environment. The July 19<sup>th</sup> event featured Nick Iula (Chef) who focused on cooking with fresh garden produce; the August 19<sup>th</sup> event featured Tracy Snyder, Master Gardener, who presented on Pollinators and the September 20 event featured Julie Rauli who spoke about Food, Culture and Society (average attendance was 20 people per event).
- The Tap Talks committee coordinated a FREE winter series (2024) focused on Women's Health. January 24th: Busting Women's Health Myths, Kim Amsley-Camp, DM, MHA, CNM, Keystone Health Women's Care (25 participants); February 21st: What to Expect When You're Not Expecting (Perimenopause), Taasha Guillemette, CRNP, MSCP, WellSpan Health (20 participants); March 20th: Menopause, Taasha Guillemette, CRNP, MSCP, WellSpan Health (25 participants); April 17th: Sex at all Life Stages, Kim Amsley-Camp, DM, MHA, CNM, Keystone Health Women's Care (20 participants).
- The environmental stewardship committee coordinated the Backyard Gardening and Beyond Workshop at Wilson College on March 16<sup>th</sup> which had 40 attendees. The group also updated the Community Garden Resources Guide and distributed 50 copies.
- WellSpan Health coordinated a free, 12-week winter wellness challenge – Winter Streak. They coordinated 6 workshops: Energize your Environment

(230 participants): Get Fit While You Sit (233 participants); Cooking Demo Sweet Potato Quesadillas (164 participants); Staying Motivated and on Track (149 participants); Just Breathe (156 participants); Cooking Demo Energy Balls (131 participants)

- WellSpan Health coordinated the free, Get Outdoors (GO) summer reading and hiking program in partnership with Franklin County Library System; 727 participants walked; 845 miles were walked by youth and 188 miles were walked by adults.
- Healthy Communities Partnership coordinated the free, Go Girls Go program in the fall with 150 participants and in the spring with 180 participants.
- Chambersburg YMCA provided two Prevent T2 programs with 19 participants and an average of 42% losing 5% or more of their weight and 12 classes of the Rock Steady Program, with an average of 23 participants in each class.
- WellSpan Health provided one Get Healthy Now program with 9 participants completing the program; 100% increased vegetable intake and 89% lost weight.
- The task force distributed 440 (English) and 400 (Spanish) copies of the “Move Your Way Franklin County” walking guide which features local walking trails and routes, health and wellness tips and local supports.
- NETwork Ministries coordinated 17 youth community garden classes with a total of 287 and one adult class with 20 participants.
- NETwork Ministries coordinated a middle school garden club which had 157 participants and 30 classes.
- NETwork Ministries and Penn State Cooperative Extension partnered to provide one Nutrition Links 5-week session in the winter which had 42 youth participants and one program in the spring with 6 participants.
- NETwork Ministries and Penn State Cooperative Extension partnered to provide a food preservation class to 9 youth.
- Network Ministries started a new elementary school garden club which had 78 participants and 12 classes.
- Healthy Franklin County promoted the Double Dollars SNAP/SFMNP program at North Square Farmers Market through Valpak insert (10,000 homes); Valpak postcard (30,000 homes); hand delivered postcards through partners (3000 in English and 500 in Spanish); social media (30,118 reach). Total SFMNP to vendors was \$7252 and total SNAP to vendor by state was \$5510. 69 SNAP households and 145 low income-seniors/SFMNP were impacted. The total Double Dollars used was \$10,838.

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## FOOD SECURITY

The food security task force works to increase food security by increasing the availability and awareness of healthy and nutritious food resources. Below is a summary of completed activities.

- The Gleaning Project (a program of SCCAP) distributed over 548,000 pounds of gleaned produce through an average of 20 outlets impacting over 16,000 people.
- Healthy Franklin County applied for and received a grant from the Summit Foundation to implement the Double Dollars program at North Square Farmers Market for the 2024 market season (May-November) a nutrition incentive program that doubles SNAP/WIC and Senior Farmers Market Nutrition Program (SFMNP) vouchers.
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- The Franklin County Area Agency on Aging SFMNP program had 1421 participants; 6975 SFMNP vouchers were distributed and 5653 were redeemed at a value of \$56,530.
- The Franklin County Area Agency on Aging provided 38,311 congregate meals and 50,433 delivered meals.
- Local organizations (Franklin County Housing Authority, Luminest, SCCAP, Tower at the Falling Spring, Washington Square Apartments) provided the Senior Food Box Program at their respective sites serving an average of 626 individuals and the ElderShare Senior Food Box Program at the same sites serving on average 91 individuals.
- The task force created and distributed 12 monthly calendars\* to promote local organizations that provide free congregate or grab and go meals to those in need in Chambersburg. The Shippensburg Community Resources Coalition creates and distributes a free congregate meal calendar each month too. (\*The calendars will be translated in Spanish in the next program year).
- The Shippensburg Community Resources Coalition coordinated two workshops to educate other churches / organizations about how to start a congregate meals program; Dec. 4 (3 attendees) and Dec. 7 (4 attendees).
- The Franklin County Food Resources GIS map had 623 users and 690 sessions.
- The Central Pennsylvania Food Bank kicked off the Franklin County Hunger Mapping Project on March 26. The Food Security Task Force is serving as the consultative group for the year-long planning project.

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## HOPE FROM THE START

The hope from the start task force works to ensure children (0-6) get a healthy start and are ready to thrive as they approach kindergarten.

- Franklin/Fulton Infant/Toddler Early Intervention Data



July 2023 – April 2024

- 588 Children referred: 570 Franklin County and 18 Fulton County
- 414 Intakes: 402 Franklin County and 12 Fulton County

July 2023 – March 2024

- 373 Intakes: 338 Children evaluated and 265 Children eligible for services

Transition from Infant/Toddler Early Intervention – 256 children transitioned between July 2023 – April 2024

- Attempts to contact unsuccessful – 35
  - Deceased – 1
  - Transitioned at age 3 – 112
    - Eligible for Part B (Preschool EI) – 87
    - Not eligible for Part B – 4
    - Part B eligibility not determined – 21
  - Moved out of state – 9
  - Moved to another county in PA – 9
  - Successful completion of Plan – 58
  - Withdrawn by Parent/Guardian – 30
  - Parents declined services – 2
- First Start Partnership made referrals for the following from July 2023-April 2024:
    - 4 to childcare
    - 8 to County Youth and Children Services
    - 4 to Home Visiting/Family Center
    - 28 to Hospital/NICU
    - 1 to Other Early Childhood
    - 61 to Parent / Family Member
    - 2 to Other Medical
    - 293 to Physician / Healthcare Provider
  - First Start Partnership tracks immunization data with their families. 87 out of 120 (73%) of Early Head Start students have completed their immunizations; 279 out of 316 Head (89%) Start students have completed their immunizations; 266 out of 373 (73%) Pre-K students have completed their immunizations.
  - First Start Partnerships tracks healthcare access data with their families. 87% of Early Head Start families have a medical home and 57% have a dental home; 98% of Head Start families have a medical home and 84% have a dental home; 97% of Pre-K families have a medical home and 77% have a dental home.
  - First Start Partnerships tracks how many of their families have health insurance. 98% of Early Head Start families have insurance; 96% of Head Start families have insurance; 96% of Pre-K families have insurance.

- First Start Partnerships referred at least 55 Early Head Start and 182 Head Start families for program services to improve family outcomes.
- Safe Kids Coalition of Franklin County Task Force participated in several events including:
  - Attended United Way Learn and Play Day on May 4<sup>th</sup> with a focus on Safe Kids information interacting with approximately 75 adults and 150 children.
  - Collaborated with WASD and CASD to provide education to second graders at Mowrey Elementary (76 second graders) and Stevens Elementary (60 second graders). Booster distribution events were held at both locations giving out 9 seats to families in need.
  - Held the State Farm signature event in Franklin County on May 17<sup>th</sup>.

### FRANKLIN COUNTY HEALTH SUMMIT OCTOBER 22, 2023

- Healthy Franklin County coordinated the first **Annual Healthy Franklin County Health Summit** on October 23 with 55 people attending and featured the release of Franklin County ALICE data, social determinants of health panel with local CBOs and facilitated discussion about policy and advocacy. The program evaluation [survey](#) was incredibly positive for overall presentation and learning outcomes.

### POLICY AND ADVOCACY FORUMS

Healthy Franklin County created a quarterly forum in 2023 to build more local capacity in the policy and advocacy space and to inform development of policy priorities. The final **policy and advocacy forum in 2023 was integrated** into the annual health summit which threaded together a discussion about the importance of policy and advocacy and gave strategic insight to the planning committee about what to focus on for the **2024 series; housing security**. The 2024 series kicks off in March with a presentation from Jennifer Thomas with the Housing Alliance of Pennsylvania. A second forum was held in July with presentations from Stacy Yurko and Misty Conner with the Franklin County Coordinated Entry System that focused on accessing emergency housing programs and services. The next forum will focus on identifying housing security needs, gaps and solutions.

*Submitted by Noel Purdy  
Executive Director, Healthy Franklin County*